

Subject:	Physical Education (Sports Science) Unit R180 - Reducing the risk of sports injuries and dealing with common medical conditions	Year	11	Ability	Mixed
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Term / Date(s)	Half Term 1	Half Term 2		
Topic	Topic Area 1: Different factors which influence the risk and severity of injury Topic Area 2: Warm up and cool down routines	Topic Area 3: Different types and causes of sports injuries Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions Topic Area 5: Causes, symptoms and treatment of medical conditions		
Topic overview	Students will learn how and when injuries can occur, whilst also developing knowledge and understanding of different types of injury. Students will learn how injuries can occur during a warmup and cool down.	Students will further develop knowledge and understanding of types of injury and how to respond to injuries in sport, including how to spot signs, symptoms and give suggestions for appropriate treatment. Students will learn about medical conditions that affect sports performance, and how activities may need to be adapted for participants with medical conditions.		
Components	Students will learn: <ul style="list-style-type: none"> - Extrinsic factors which can influence the risk of injury - Intrinsic factors which can influence the risk of injury - Physical benefits of a warm up and cool down - Psychological benefits of a cool down - Key components of a warm up and cool down - Specific needs of a warm up and cool down This enables students to develop their understanding of how factors can influence an injury, supporting students to access the content in future TAs. This also enables students to learn how to prevent an injury occurring, with specific links to the benefits of a well-planned and well carried out warm up/cool down.	Students will learn: <ul style="list-style-type: none"> - Acute and chronic injuries - Types, causes and treatments of common injuries - How to respond to injuries and medical conditions - Emergency Action Plans - How to measure severity of injuries - How to use SALTAPS to perform initials checks on injured person - The symptoms of common medical conditions - How to respond to common medical conditions 		

		<p>This enables students to participate in sport activities safely and give a base knowledge of how to protect themselves and others from injury.</p> <p>This also enables students to consider methods of supporting other participants, or themselves, should medical conditions be a factor or barrier to sports participation.</p>		
What pupils should already know (prior learning components)	<ul style="list-style-type: none"> - Students will know how different sports have different risk levels - Students will know some factors that can cause injury, such as equipment or environmental factors. - Students will know how to warm up and a cool down appropriately. - Students will know all components of a warm up and a cool down - Pupils will know some physical benefits of a warm up and a cool down. 	<ul style="list-style-type: none"> - Students will be aware of examples of injuries that can occur in sport - Students will have a foundation knowledge of different ways to respond to injury - Students will be aware of some examples of medical conditions that may impact on participation - Students will be aware of some ways to respond to medical conditions. 		
Transferrable knowledge (skills)	<p>Students will safely be able to take part in sports and consider the factors that could influence an injury. Pupils will be able to consider their posture and how this can be affected through different causes. Students will be able to warm up and cool down safely in any sport. Pupils will be able to apply the components safely to a training session and consider the specific needs required.</p>	<p>Students will know the different injuries that could be caused in sports and know how to respond to them safely. Students can apply this knowledge and apply an emergency action plan if needed. Students will know the different medical conditions that need to be considered when taking part in sports and know how to respond to them safely. Students can apply this knowledge and apply an emergency action plan if needed.</p>		
Key vocabulary pupil will know and learn	<p>Extrinsic, intrinsic, environmental, equipment, safety hazards, coaching/supervision, physical preparation, individual variables, psychological, Warm up, cool down, benefits, physical, psychological, components, specific needs, temperature, heart rate, pulse raiser, mobility, dynamic movement, stretching, skill rehearsal, blood and oxygen, resting state, muscle soreness, characteristics.</p>	<p>Acute, chronic, soft tissue injuries, overuse injuries, fractures, concussion, abrasions, contusions, blisters, cramp, injuries related to children, SALTAPS, RICE, emergency actions plans, Asthma, epilepsy, diabetes, coughing, wheezing, thirst, tiredness, seizures, response, reassurance, emergency action plans.</p>		
Assessment activities	<p>Externally invigilated assessment (exam) – 60 marks</p>	<p>Externally invigilated assessment (exam) – 60 marks</p>		
Resources available	<ul style="list-style-type: none"> - Resources found in Secure Staff folder, such as assignment checklist, WAGOLL answers, access to revision materials and practice tests, and planned teacher resources with learning outcomes and assessment criteria. 	<ul style="list-style-type: none"> - Resources found in Secure Staff folder, such as assignment checklist, WAGOLL answers, access to revision materials and practice tests, and planned teacher resources with learning outcomes and assessment criteria. 		

<p>Notes</p> <p>Why this topic is important...</p>	<p>This topic is important because students need to consider the factors that can cause injury when taking part in sport outside of the school environment. They need to consider the factors that can lead to injury and ensure where possible these are prevented.</p> <p>This topic is also important because students need to consider how and when to warm up and cool down. Students need to know the benefits to warming up to prevent any injury occurring. Students can apply this knowledge to taking part in any sport (in or out of school).</p> <p>This unit is made up of five TAs that encompass the knowledge needed to perform well in the terminal exam.</p>	<p>This topic is important because students need to know the different injuries that can occur because of sport. Students need to be able to know how to treat the injuries, whether these occur in or out of school.</p> <p>Students also need to be able to know how to respond to these conditions, whether these occur in or out of school.</p> <p>This unit is made up of five TAs that encompass the knowledge needed to perform well in the terminal exam.</p>		
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